BOW VALLEY RESOURCE

Including Arrowwood. Milo, Queenstown, Shouldice and Mossleigh

Volume 5. No. 19

ARROWWOOD, ALTA., JAN. 23, 1936

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Prominent Citizen Honored at Farewell Bridge Party

presented the departing citizen with a handsome men's dress-ing case and a leather business-man's folio, as a token of the sterling friendship and esteem acquired by Mr. Leonard while in Arrowwood. In a short but sincere reply

Mr. Leonard thanked his many Mr. Leonard thanked his many friends for the kindices according to the find for the kindices according to the find the find for the find t to sever daily friendships here but hoped that the future would be brightened through

which time he has rendered valuable services af an unset unitaria. The valuable services af an unset unitaria. The valuable services af an unset unitaria. The valuable services are unset unitaria. The valuable valuable

TRAIN SCHEDULE AT

FROM WEST

No. 2-4.47 a.m. No. 516 — 8.10 p.m. Calgary-Bassano Local. No. 4-10.11 p.m. Does not stop.

From East

No 1—8.25 p.m.
No. 3—6.12 a.m. Does not stop.

No. 515 - 7.45 a.m. Calgary-Bassano Local.

BLACKFOOT HOCKEY LEAGUE SCHEDULE

Feb. 4 Arrowwood at Milo Feb. 4 Indians at Mossleigh Feb. 6 Milo at Arrowwood Feb 6 Mossleigh at Indians All games called for 8.30 p.m. sharp

APPRECIATION

I wish to take this opportunity to thank my many friends and customers for their patronage and co-operation, and trust you will give my successor the same consideration

M. R. LEONARD

P.Y.P.D. Notes

Bridge Party day was a success. A number of the school Mindry evening of this week of honor M. M. K. Leenmerl, who will be leaving thereby to be content business at Carmangay. A spirit of true fellowship prevailed troops that the entire evening, the early pare of which was spirit of true fellowship prevailed troops the property of the entire evening, the early pare of which was spirit of true fellowship prevailed troops to the entire evening, the early pare of which was spirit of true fellowship prevailed troops and the entire evening the early pare of which was served in wenty-four had been of their group with paper-four presenting a knight dressed in armor to win a prize. Dick Old-field and Eddle Lewendon had a race of Mr. Leonard's many tried and the entire the entire troops and The B.Y.P.D, social last frithe evening was spent in play-ing games and working con-tests. A well prepared supper tests. A well prepared supper with pie and ice cream was en-joyed very much. The boys drew crepe neckties hunting partners, It was closed by sing-ing Praise God. The Depart-meny wish to thank all who

Annual Congregational Meeting Arrowwood United Church

would be brightened through return visits.

With Mr. Leonard occupying the centre of a circle, "For Ho's a Joly Good Fellow" was sung after which three rousel meeting of Arrowwood United Church was beld in Board's I've Mr. Leonard has resided in Arrowwood continuously for the past nine years, during key J. N. Wilkinson, in the which time he has rendered evaluable services of an uneventual transfer of the past o

The Sunday School roport was given by Mrs. McCann and in-cated that this very important department has been active and department has been active and is showing renewed interest. Mrs MrCann was thanked for her faithful work as superin-tendent and appreciation of the work of the teachers in assist-ing with classes was also ex-pressed. Mr. C. G. Taylor is the newly closted superintend-

good work going ahead.

The financial report of the Church was given by Mr. R. H. Bishop and showed total recipits for the year amounties. ceipts for the year amounting to \$723 48 This included a do-nation of \$305 from the W.A.

The meeting expressed their appreciation of the work of airs.
P. H. Coleman, as pianist for last year and elected Mrs.
Coleman as choir leader and Mrs. R. H. Bishop as pianist for

Britain's Monarch ITEMS George V Passes On

The news of the death at andringham Palace, of King George V cast a gloom over the world Monday. Contracthe world Monday Contracting a brief illness, the King lied a peaceful death, being seventy years of age. He seventy years of age. He has reigned as monarch of the British , Empire for last 25

his eldest son, best known to to Albertans as the Prince of Wales. The new King will have the eyes of Albertans focused upon him as he own, a ranch in the foot-hills west of High River.

How sad it is to look and see The Nation plunged in grief at the death of good King George V,

After an illness so very brief, That the people can scarce

The loss they have sustained May the heir to his exalted

position
Both wisdom and prudence

bring, That his subjects, without omission, Will say "Long live Royal Eeward, our King."

Declare Jan. 28 **Public Holiday**

With the authority of th Governor-General, Tuesday has been declared a holiday as a day of mourning, so that the people may pay final tributes to the late King George V Local stores will in all prob-ability observe the holiday Tuesday of this week instead of

BUFFALO HILL NOTES

Mr. Harold Willis farm the Mrs. McInenly land to farm the Mrs. McInonly land which has lately been operated by Mr. J. McCann. Here's hoping he will be rewarded with a good crop of grain, without the addition of grasshoppers, which have been so prevalent the last few years, proving so detrimental to many of the crops.

The annual meeting of the Buffalo School District, No. 1700, was held at the school house on Saturday, January lith. The attendance was not large, but the small number was offset by the intense interact in the afficient or otherwise running of school affairs shown by course of these areas. Mr. was offset by the intense interest in the efficient or otherwise running of school affairs shown wilson one minute and twenty by some of those present. Mr. seconds to deliver twenty-three of the twenty of the caused by the expiration of the term of office of Mr. Frank flight eard at Gleichen, With lieuly, who has served on the dealing rapidity and amastic bard of the intense of the contensy in bringing the school register a popular haymaker to its present state of well being during that period. The Board and others extend their thanks to Mr. McLenely, Among and a halt. In the contensy in bringing the school register a popular haymaker to the present state of well being during that period. The Board and others extend their thanks to Mr. McLenely, Among and a halt. In the content is being plant other resolutions it was moved and seconded that the Board team of young people will con-

ARROWWOOD

Wednesday's chinoolery welcome stranger.

Mossleigh still occ potlight as leaders Blackfoot League.

Mr. M. R. Leonard left Thur ay for Carmangay to resum uties there.

Read the Sixth Chapter of Revelation and bring Bibles the Sunday morning service the Church of the Brethren.

Miss Both Ellis will be con encing a three-year training ditul on Feb. lat.

Mrs. P. H. Coleman, Tea of Piano, Harmony, Counter-point and Forms, has resumed all classes. Piano Class every Tuesday at 8,40 in the Arrowwood Consolidated School,

Injuries and illnesses nave greatly weakened the Senior bockey team. Playing without five regulars the Cards dropped

The topic of Rev. Wilkinson's mext Sunday will be "The Value of Education." The installation of terchers and officers has been postponed on account of the ban on the gathering of young

The rage of mumps is rapidly spreading through our village with new cases appearing al-most daily. E. Mason, F. Mason, F. Cary and S. Ward are among those having them at present.

Alvin Garroway demonstrat ed the power bohind his punch last Friday at Gleichen, when he floored young Moss of Cluny, in the fourth round of his bout Moss struggled gamely to rise at the count of ten but was

The Irricana Young People have challenged the Arrow-wood B.Y.P.D. to a debate to be held at some future date. The question is, "Resolved that all Denominations should unite."

The Colony Young People's Society will be presenting their miscellaneous concert at the Shouldice Community Hall this Friday, January 24th, The date Jan. 17th as appearing in last

The Arrowwood S The Arrowwood School was closed Thursday of this week by Dr E. J. Liesemer, owing to mumps and measles epidemic and will remain closed until Feb. 3rd. Sunday School ser-vices will also be cancelled on vices will also be Sunday, Jan. 26th

tend against a team composed of marriad people. This contest will begin at 7,30 and it will constitute the evening service. The Pastor will prepare the questions and conduct the contest. This type of Biblical exercise is nothing new in Arrowwood. Previous contests have proven exceedingly interesting and helpful. We invite visitors to be present, feeling confident that all listeners will receive inspiration and instruction.

Big Annual Hockey Dance at Milo on Friday, Jan. 24th

The Milo Hockey Club is sponsoring a dance in Milo on Friday Jan. 24th. The music will be provided by Art Bremmer's Gpiece orchestra, which favorite expression of the "Old will feature old time and modorn music."

ern music.

A hockey game between the Indians and Milo will precede

The annual meeting of the United Sunday School Board of

United Sunday School Board of management, officers and teachers was held at the home of Mrs. McCann on Jan. 13th. It was decided to shorten the Sunday School and Church iservices by approximately one-half hour. Election of officers than follows: then followed.

C. G. Taylor—Superintendent Irwin Scott—Sec.-Treas. Allan Cochran—Asst. Sec.-

Treas. June Olifgard -Pianist, Lunch was served by th Lunch was served by the hoses and the meeting dispersed

Midgats Viotors

The local Midgets invaded

The local Midgets invaded Milo last Sturday evaning and the game proved to be one of the fastes of the eason. The fast combination and team work of the Arrowword Midgets enlarged the difficulties of the Milo team. The Milo goalie was tormented from all sides but played a splendid game, allowing only three to pass into the net. The passing attacks of of D. Oliver, C. Dumka and P. Brown made the game exciting or D. Oliver, C. Dumka and P. Brown made the game exciting due to the fact that the Milo team was so much larger than the Arrowwood team. At the final whistic the Arrowwood Midgets were leading 3 to 1.

Presentation Made to Mrs. McCann

At the close of the Sunday School service of the United Church last Sunday morning, Mrs. Mackie, on behalf of the congregation and teachers of the Sunday School, presented Mrs. McCann with a beautiful silver cake plate in appreciation of her long and faithful services in the United Church and Sun-day School.

HOCKEY NOTES

favorite expression of the "Old Sun" Juvenvile Indians when they smothered the local Rough-A hockey game between the rilders under an avalanche of Indians and Milo will precede goals Saturday afternoon at the evening will be a draw on a codar chest.

Annual Meeting of United Sunday School

United Sunday School riders under an avalanche on pucks which were labelled for goals. The Roughriders' lefence was strengthened in the second period when Archambody check should be given.
The finest body check of the day
was handed out by Kennath
Vancil, who expended his surplus energy by downing his team mate, Joe Dumka, in his tracks. Joe witnessed count-less stars as he rallied from the explosion The solo rushes by Currie and Miller brought the Currie and Miller brought the fans to their feet on several oc-casions. Mervin Norton be-gan hitting his stride late in the third period and undoubt-edly would have made things hot for the Old Sun goalie had there hear a few more periods

hot for the Old Sun goalis had there been a few more periods to play. Molvin Bowman saved the locals from a shatout when he sagged the hemp on a hard shot, after taking a well timed pass from Fete Brown.

The Indian Juveniles have as mappy aggregation of puck-chasers who are well-trained. Flay are fast skaters, elever stick-handlers and play a well organized brand of hockey, ŁLocal fans will be expecting them to give a good account of themselves in the inter-provincial playdown. playdowns. Teams—Houghridess:

(Continued on page 4)

LOW Winter FARES Pacific Coast

VANCOUVER VICTORIA NEW WESTMINSTER

TICKETS ON SALE TO FEBRUARY 15th, 1936

GOOD TO RETURN UNTIL APRIL 30, 1936

Six months intermediate and Coach Class Fares to Van-couver - Victotia - New Westminster - Seattle - Portland and California Points

For full particulars apply Ticket Agent

CANADIAN PACIFIC

is delicious

Death Stalks The Highway

A recent amountement of the intention of the Federal department of transportation to combine a camping no reduce the annual toil of life and limb taken by automobiles and trucks on the highways and zonds of Canada should be welcome news to fill who use motor-driven power for business or pleasure. The estimpting comes none too soon.

Statistics, just' published, reveal that in the United States last year compared to the control to the co

countries and the lesser consumers.

In all all and the lesser consumers and limiters represent nearly as many individual accidents, distributed throughout the year and scattered over a wide spectraphical area, it has been customary to dismiss them with a shurg of the shoulder and a comment about "some fool driver", except by the becaused relatives and friends.

ment anout "some fool driver", except by the bereaved relatives and friends.

However, there are indications that citizens of the United States and States are also as the condition of affairs which has become a national except the condition of a fair and the prevapers, to sequent the public with the facts and to drive home the risks which foolbard with the public with the facts and to drive home the risks which foolbard with the public with the facts and to drive home the risks which foolbard and an engineer motorists incur by their conduct on the roads.

Already, it is reported, that these efforts, supported by an aroused public consciousness of individual repostability, is bringing results in sections of the country where interests admits results can be achieved in Carlada, if organizations and individuals will raily to the support of the authorities who have decided that the time has come when an organized effort must be made to minimize the hazards created by recidessness and carcelessness.

suthertities who have decided that the time has come when an organized effort must be made to minimize the hazards created by recklesames and carelesames.

Recklesames and carelesames, in the final analysis, are the two factors responsible for the great majority of deaths and injuries on the highways on this continent, on either side of the international boundary.

For many of the scenarios was a side of the international to mostless.

For many of the most side of the international to mostless are side of the international to mostless.

In this category falls the driver who travels at greater speed than road, climatic or traffic conditions warrant, the driver who passes other raffic near the creat of a hill or on a curve, the driver who passes other raffic near the creat of a hill or on a curve, the driver who passes other raffic near the created of a hill or on a curve, the driver who passes other traffic near the created of a hill or on a curve, the driver who passes of the raffic near the created of the size of the size of the created of

New Plating Alloy

Looks Like Pure Silver And Does

Not Discolor

Development of a non-tarnishin
plating alloy of silver and tin he
been announced by Professor Law
rence E. Stout, of the Washingto
University chemistry department a University chemistry department St. Louis. The new alloy, com

ARE YOU NERVOUS, IRRITABLE, TIRED?

Do your friends escretily pity you, become the things they do? Are your nevous, irritable, a victim of deepleasment, on the things they do? Are your nevous, irritable, a victim of deepleasment, on the things they do? Are your nevous, irritable, a victim of deepleasment, or they are the things of the things of

of 20 to 40 per cent. silver and the best of tin, looks like pure silver polishes as well, wears better an does not discolor.

Strengthening Air Forces

Strengmening Air Forces
Canada Baijing Four New 'Hances
For Coastal Defence
The air Force defence of Canada is
to be strengthened in the spring by
Gour new 'profection coastal' aerocomment from the Blackson Aviation Company of England.
The new machines are of the Sharttion Company of England.
The new machines are of the Sharttion Company of England.
The new machines are of the Sharttion Company of England in the Shartcase with the company of the Shartcase as to carry, Jobo pounds for profess
or as to carry, Jobo pounds for profess
or an equal weight in bombs. They
also carry equipment for aerial suror an equal weight in bombs. They also carry equipment for aerial survey and photography and for artillery spotting and reconnaissance. A supplementary fuel tank slung in the torpedo crotches will give the machines a cruising radius of 1,000 miles.

The machines will be operat the Royal Canadian Air Force

Depends On Ancestors
The farm flock keeper is rarely if
were justified in keeping hean longer than to the end of the second laying
year. But to keep them eyen that the
long without a death loss that cuts acriously into profits, it is essential into have flock ancestors that have laid on mumerous Jayee ears for three numerous large eggs for three c

French Query Service

ost Office Charges Different Price For The Varying Questions

For The Vacyling Questions.

If you happen to be in France and want to know the date America was discovered, how to make good coffee or obtain a quick divorce, just dish SV-R. on your telephone.

SV-R. on your telephone. one of the employees of the new "If you please" service, just instituted by George Mandel, Minister of Posts and Telephone, Paris, At any hour of the day or might. M. Mandel's encyclinos are caneword for a sum of 6 to 15 cents. Twenty to 30 cents are charged for more difficult queries, and appeals terms are made for a real transport of the control of th

and special terms are made for a real "poser."
You can also have an errand run by a postoffice cyclist who will deliver you drisks, flowers and anything you like to any address. This will be charged for at the rate of 55 cents to the rate of 55 cents. It is expected that plenty of practical jokers will put delicate questions to the new service. But the better the joke, the higher the bill.

Past 40

Feel That They're Slipping Losing Their "Grip" on Things



Many people 'round 40 think they're "growing old." They feel tired a lot "weak." Have headaches, dizzi-ness, stomach upsets. Well, scientists say the cause of all this, in a great many cases, is simply an acid condition of the stomach.

an acid condition of the stomach. Nothing more. All you have to do is to neutralize the excess stomach acidity.

the excess stomach acidity. When you have one of these acid stomach upsets, take Phillips' Milki of Magnesia after meals and before going to bed. That's all!

Try this. Soon you'll feel like another person! Take either the familiar liquid "PHILLIPS" or the convenient new Phillips' Magnesia Zablen. Made in Canada.

Magnesia Tablets. Made in Canada Also In Tablets Form.
Phillips' Milk of Magnesia Tablets are now on sale at all drug stores every where. Each tiny table at teappoonful of Generalize Phillips' Milk of Magnesia.

PHILLIPS

Milk of Magnesia

BACKACHE

IF you have backache, dizzy spells, headaches, do not headaches, do not neglect your kidneys. Take Gin Pills for prompt relief at the first sign of these symptoms. You will feel better, look better

be better, if your
kidneys are functioning properly.

GIN PILLS



Victoria May See Bluenose

Bluenose, queen of the flohing facts, may leave her Atlantic flomes at Lamenburg, N.S., next summer to wist Canada's Pecifiq coast for the first time.

A summer of the first time. The first time of the racing subconers, and the summer of the racing subconer, and the subconers of the racing subconers, and the subconers of the racing subconers, and the property of the racing subconers of the summer of the s

we years ago capital valence with the commercia-her first tasts of fresh water—and last year he went to England with her. That last voyage was the longest so far.

It came close also to being Bluencee's last. On the way home she man into a low that almost send her back to England for repairs, that took three weeks.

But about the Pacific jount. Well, "says Angus, "I don't know. They paint a pretty roay picture, but wed have to sail six or seven thouswell send to get there. Anyhow, we'll sein the sail so get there. Anyhow, we'll sein a seal to the sail to the sail

we'll see."

Bluenose is ready for the trip.

After a thorough going over on her
return to Lunenburg, she is as seaworthy and fast as ever, Captain

Walters believes.

After a thorough poing over one treature to Luncephurg, the is as seaworthy and fast as ever. Captain
Watters believes.

Pioneer Newspaper Woman
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Gold Rush, Dies In Torente
Faith Freine, The Torente
Faith Freine, The Torente
Faith Freine, The Torente
Gold Rush, Dies In Torente
Faith Freine, Dieneer Cânadian
newspaperwoman whose accounts of
the 1888 gold rush in the Yulen
Gold at her hone in Torento after the state of the fastest shell ever
known, is one of two inventions, which may revolutionize wards and in a contract the state of the fastest shell ever
how in 1889 gold rush in the Yulen
Gold at the rhone in Torento after the state of the fastest shell ever
hord of a well known pubclain of Toronto. They were married
in the little logic church at Dawn on
the first New Year's Day of the
Oth century.

Dr. Bruwn had gone in with the
Torente of the Widen
and was the farts accretary of the control
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Scholars Taught The Correct Places
And Manner To Beg
A "beggars' academy" has been
discovered by the police of Pilsen,
Czechosiavakia, the famous beer

CZECROSISVAKIA. the ramous beer city. An empty barn in the nearby vil-lage of Skvrnany was the seat of that institution which had two adult instructors and twenty-six boy "schol-arts."

Need More Accommodation

sidered Too Small
Germany's Olympic committee, in
charge of arrangements for the
1936 international sports contest to
be held in the reich, conferred with
the war ministry to consider additional accommodations for athletes
from 48 nations, the committee
learning that the neary completed
Olympic village is far fee small.

Distinguishing goats from sheep is not always easy, for among the vari-ous forms there are some quite con-fusing to the inexpert eye.

Institution For Beggars

instructors and twenty-six boy "schol-ara."

The teachers told their pupils how to look miserable and "maimed," and how to behave as "bilind" and "dumin-and-dear." Particular exercises were held, and crutches, bandages and toler beggar a pupilsness were pur-chasens were also given for writ-larsons were also given for writ-ing begging-letters, and instructions were given where and how the ja-dividual boys had to beg.

The bootly was handed over to the cachers, who retained one-half and distributed the other half among the boys.

Olympic Village In Germany Is Con-sidered Too Small

Water holes in some parts Ethiopia are 50 miles apart.



New Torpedo Can Travel Four 7 Farther Than Fastest Shell

Terror Of The Air

The annual journey of the earth, round the sun covers approximately

Study Cosmic Ray

Scientific Effort To Be Made To Penetrate Mystery

Scientific Effort To Be Made Te Petertan Mystery
Dr. Arthur Holly Compton, University of Chicago physicist, and Nobel prize winner, announced the control of the Chicago physicist, and Nobel prize winner, announced the control to penetrate the mystery of the commir ray.
He said he would leave for Vancouver, B.C., to instal a cosmic ray where abount the S.S. Ornsig is some will be conducted in widely-scattered regions of the globe.
The enterprise, Dr. Compton said, has two goals. The first was an explanation of the dulty variations in the second was to find out whether the rays, powerful enough to go through the property of the prop souther

NEED A BUILDER?



WHEN you'r

Footwear For Dobbin Footwear For Dobbin Twenty per cent. more horseshoe nails have been sold in Canada this year than last. This either indi-cates that good old Dobbin is "com-ing back" or that he is getting more sortiouses about 150.



The Man Who Knows

Whether the Remedy You are taking for Headaches, Neuralgia or Rheumatism Pains is SAFE is Your Doctor. Ask Him

Don't Entrust Your Own or Your Family's Well-Being to Unknown Preparations

Preparations

Beford you take any preparafrom you don't know all about, for the relief of headaches; or the
neuralist, and your declor what he
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respective in region control of the control of the

gularly.

"Aspirin" Tablets are made in anada. "Aspirin" is the registered ade-mark of the Bayer Company, imited. Look for the name Bayer the form of a cross on every tablet.

Demand and Get ASPIRIN"

Trains Chickens For Movies
The lack of trained chickens in
ollywood gave Warren William an
ac. The actor has established the
micolony's first school for fowl
their may be film-struck but a little
y about it. Thirty chickens have
en started on a course of educamich he believes will dit them
y every demand of the movies.

Constipation Gone!



"Since twelve years old I was ill with constipation. Then three years ago I started Fruit-a-tives. They are mild and gentle in action, and they gave me wonderful relief. I am now able to enjoy life once more."—Mrs. F. Williamson, Montreal. Containing accession of the contract of the co

Williamson, Montreal.
Containing extracts of APPLES,
ORANGES, FIGS, PRUNES and
HERBS, Fruit-a-tives are natural—do
not contain habit-forming drugs. They
work to strengthen all organs of
elimination. Their tonic effects help
bring lasting, glowing health.

FRUIT-A-TIVES NATURE'S FRUITS

the Benefits of Cod Liver Oil WITHOUT the Taste

The strength giving Vitamins A and D together with the bone and body-building Hypophosphites of Lime and Soda are happily combined Soda are happily combined to the body of the strength of the body digested Cod Liver Oil. To help build up resistance against colds and other discasses, to help build strong straight bones and sound teeth, take

SCOTT'S **EMULSION**

THE DIGESTIBLE COD LIVER OIL WITH THE PLUS VALUES For Sale by YOUR DRUG

ITCHING

use pure, cooling, antiseptic, liquid D. Prescription. Its gentle oils sootheritated and inflamed skin, thus aiding itstelf to heal the disorder. No fuss muss. Clear, greaseless and stainless a up almost immediately. Stops the intense itching instantly. A 55c trial

FLEMING'S FOLLY

LAWRENCE A. KEATING

SYNOPSIS

Here is an absorbing and exciting tides and a bitter personal major and the system of a girl and a man naturing treachery that would ture the major and each other with think Pleasure and the system of a girl and a man naturing treachery that would ture the major and each other with think Pleasure and the system of a girl and a man naturing treachery that would ture the major and the system of a girl and a man naturing treachery that would ture the major and the system of a girl and a man naturing treachery that would ture the system of a girl and a man naturing treachery that would ture the system of a girl and a man naturing treachery that would ture the system of the system of a girl and the system of a girl and the system of the system

the matter here, can't you men get along?"
"He called me a liar," Roper growled.
"He did distort the truth a bit, according to my views. Helen," Link went on directly, "are you heading out to the ranch?"

draining from her cheeks, "T—I'm afraid you will have made a choice. However, the second of Blues, note to be an according to the second of Blues, note to be a favored Blues of the second of Blues, note that the second of the

When the meter here, can't you men get along?"

"Ide called me a lan," Roper growled.

"The conting to my views. Helen." Link went on directly, "are you head," at the conting to my views. Helen." Link went on directly, "are you head," at the conting out to the ranch?"

"Why—wh. I'd sort of planned goint that way, Helen." Kilgo interpose the conting of the conting out to the ranch?"

"Why—wh. I'd sort of planned goint that way, Helen." Kilgo interpose the conting of the

Mr. CAFFEINE-NERVES finds out who is boss









30

MANY PEOPLE, of course, can safely drink tea and coffee. But there are thousands and thou-

sands of others who cannot. And, without realizing it, you may be one of these.

The caffeine found in both tea and coffee may be working night and day to rob you of sleep, uper your digestion, or undermine your nervous system. If you suspect that tea and coffee disagree with your body which we have a superior of the control of the co

FREE_Let us send you your first week's supply of POSTUM—FREE. Write for it to Consumer Service Dept., General Foods, Limited, Cobourg, Ont. 1813.

Little Helps For This Week

Behold God is my salvation, I will trust and not be afraid; for the Lord Jehovah is my strength and my song, He also is become my salvation. Isaiah 12:2.

Still heavy is thy heart, Still sinks thy spirit down? Cast off thy weight, let fear de-part, And every care be gone.

And every care be gone.

Go on in all simplicity; do not be so anxious to win a quest mind, and it will be all life quieter. Do not examine so closely into the progress of thy soul. Do not craves so much to be perfect, but let your spiritual life be formed by your duties and by the actions which are called forth by circumatasace. Do not take overmuch thought for tomorrow. God incrementations of the control o

Must Worry Wearer

Must Worry Wearer
Evening Goan Covered With Thousands Of Tiny Mirron
Six thousand tiny mirrors form
part of a new evening grown of inhue chifton. The mirrors, which are
faintly tinted with blue, were sewn
on by hand. It how the property of the company
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Elm For Chinese Junks
Elm trees grown in the district of
Elmira, Ont., will soon be pair of habits are Nature's way of relieving chient. Crews of men are busy better that of conscious effort in doing shipment to Vancouver and there is a valuable device, and we wouldn't be the thindreds of things we do each to Hong Kong, China, to be used in shipbuilding.

Scaleless goldfish are not scale-less; the scales are merely transparent.

No wonder Purity Flour is a favorite for bread. Its richness in nourishing glu is supplied by Western Canada hard Spring wheat. A strong flour that goes

PURITY FLOUR Best for all your Baking



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Bow Valley Decource

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NORMAN & CARY

HOBKEY NOTES

(Continued from page 1)

McCann: Miller, Currie, M. Norton, D. Vanell; Bowman, Brown, Williams, Dunka, K. Vanell, Perichow, D. Beagle, J. Williams, Archambault, M. Gordon, M. Williams, Archambault, M. Gordon, W. Williams, Archambault, W. Waterchief (J. Jos. Old Woman (4), Jos. Fox, Douglas Mauyheads, Charlie McMaster (3).

score. Both teams set a fast the south and west sider of the pace from the first bell with school yard and it thought adforwards breating fast with visable to go shead and makend to end rushes. The Cards necessary arrangements, Thiswent into the lead early in the work is to be done with the first period, when R. Oliver lands of the school, district, beat the Miner goalie on a We do not like to be alway togenised the goal and went based with the Miner soon throwing flawers at oursely regained the goal and went based when the south of the school with that we had a when Sharpe was beaten in word thome so hally durin on two hard shots from Miner the depressed times we have sticks. The teams battled on passed through Our teachers.

Fred Cutter (8), A. Waterchief (1), Joe Old Woman (4), Joe Det Woman (5), Joe Old Woman (6), Joe Det Woman (7), Joe Old Woman (8), Joe Det Woman (8), Joe Det Woman (8), Joe Det Woman (8), Joe Det Woman (9), Joe Det Woman (

in two hard which Sharpe was beated on two hard shots from Mind with Sharpe was beated on two hard shots from Mind with the sevent tenns for practical or the sevent tenns for practical or the sevent tenns for practical or the sevent tenns of practical or the sevent tenns of the sevent

tions are easily distorted; never minimized. A small mistake grows, through the passage of many mouths. get around to the trustees themselves, with something ad-ded for good measure. Resent-ment and hostility, now, are who have not read it. To those who have it is a reminder to quote the words of that great writer, "To see ourselves as not on one side.

This state of affairs shouldn't happen; but I guess we are all human; it will crop up every once in a while, Sometimes it isn't the mere fact of criticism that arouses hostility—it's the

"Faathill Philosopher

Local rural interest, in January, centres around the annual school meeting. Or—does it?
Say, rather, it should, and someimes does; while at other times nterest and most of the taxayors are A.W.L. on the Big

person giving it. It's a rather curious fast, and maybe you have noticed it in your own shool district, that most of the criticism of a school board connectifrom newcomers, persons who flaave contributed little, even nothing, to the cost of building and operating the school. The criticism and ad-vice tendered may be perfectly same and wise. That isn't the point. The oldtime trustees don'twant it from that particu-It isn't always safe to judge from the external signs and in-dications. A "no interest" meeting may signify complete satisfaction with the Board of Poustage or a series of long! we Trustous or a socies of food a or clinats which! take electors of swiner than to the school brune. A crowded school-room may signify "kinke" growts and obectric uphavals. In this lat-ter event, if you dig below the surface a bit, you'll no doubt find that the same trustees have been cleeted year and

inclinations, sometimes because there was no one else at the annual meeting to elect. They on, with-

there was no one else at the annual meeting to elect. They have been carrying on, with out pay, without banks for the true spent or the worry caused of the trying to keep the school anning during years of depression.

Jepression years, when the property of the property

In depression years, when the incomes take a sharp downward curve, all governments and the utmost difficulty in guessing twolve months almost and to the nature of things political, policy must be based one stimutes, and estimates are field, uncertain things at the best. The most careful plans go "cock-eyad" through unexpected happenings quite outside the control of planners. Nautrally, our governments of

Arrowwood Barber Sho

I T is better to have insurance and not need it than to need it and not have it, See Omer

Arrowwood United Church

Press 7 Nr Willelmann Minister

10.45 a.m. Church School

Church of the Brethren Rev. John Wleand, Paster 10.30 a.m.—Sunday School. 11.30 a.m.—Morning Worship. 7.30 p.m.—Evening Service.

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J. M. WEINS

Agent

Arrowwood

r person. Trustees of a rural school dis-Trustees of a rural school dis-rict—especially those in a bush or semi-bush area—have my complete sympathy. They have a hard row to hoe. They get more kicks then ha-pence. Even if their decisions had the vis-dom of Solomon (I'm not re-ferring to his matrimonial decisions) they couldn't please everybody. Under the severe handicap of insufficient money, their problems grow both in number and size. The School number and size. The School Act, under which they operate, doesn't help them as much as it'might; neither do the ma-jority of taxpayers.

don'twant it from that particu-

of finance—or the future; they are just ordinary farm men and farm women doing their best. They make mistakes, and such

mistakes are recognized at once and noised abroad through the district. Verbal communica-

These remarks never fail to

person giving it. It's a rather

nt on one side

Just give a thought to these few remarks when you're hitch-ing up the old plugs to the old-er sleigh, bound for the school house on the Annual Mesting day. Perhaps you'll find it in your heart to say one good word for your trustees—mixed up with the usual criticism.

Skating Schedule

Monday
8-5 Skating, under 13
6-7 Senior bockey
7-10 Skating
Tuesday

3-5 Skating 5-6 Midget hockey 7-8 Senior hockey 8-10 Skating

Wednesday
3-5 Skating, under 13
5-6 Midget bockey
7-8 Senior bockey
8-10 Skating
Thursday

WAGIN' TUNG

Vol. 5, No. 19 Arrowwood, Jan 23 1936, Items for Thot

Stock Day

We will make regular trips to Calgary with stock and hogs the first and third Thursday of each month. Special trips may be made by arrange-ment. Early reservations in-sures prompt delivery of your stock. Reservations may be made by phoning office No. 8 or residence No. 9.

ment Makes a Good Farmer Better

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Arrowwood 3-5 Skating